

# Yoga

By Gloria Garrett

Hi, I am Gloria Garrett and I am the director of the yoga program here at Cypresswood. I live here in the community and am a registered yoga instructor, ERYT500 and certified yoga therapist, CSYT. Several residents have expressed an interest in learning and practicing yoga and it has been my pleasure to offer classes at the clubhouse since November. We are evaluating the feasibility of continuing classes throughout the summer and would benefit from knowing your interest, comments and suggestions. **Please help us by anonymously sharing your thoughts using this quick survey (LINK).**

Classes are adapted to those who attend, with focus on beginners trying it out and those with some experience. This is not an aggressive advanced class. If that is what you are looking for, let us know in the survey. We are considering adding a class during the day and focused workshops addressing specific health conditions and chronic issues that arise from fun activities like golfing, knitting, etc.

For the month of April, we will have one class each Wednesday by combining our chair and mat class at 5:00 pm and for the month of April, the cost is only \$5 per class.

April 3, 10, 17, 24, 2019 5:00 pm \$5/Class

Wear comfortable clothes, shoes on or off your choice, if you have a mat, please bring it, chairs will be provided. For more information, call or text Gloria at 970-531-3372

## SURVEY

Are you interested in Yoga Classes? Yes No

Did you attend any of the classes here at Cypresswood in the last four months? Yes No

If not, why not? \_\_\_\_\_

If yes, what was your experience? \_\_\_\_\_

What is your reason/goals for attending yoga class?

\_\_\_ Stress Relief/Relaxation

\_\_\_ General Health and Wellbeing

\_\_\_ Specific Health Condition \_\_\_\_\_

Other \_\_\_\_\_

What level of class are you interested in?

\_\_\_ Never Ever

\_\_\_ Beginner

\_\_\_ Intermediate

\_\_\_ Advanced

How often are you willing to commit to coming to class? \_\_\_\_\_

What months would you be in town? \_\_\_\_\_

What day(s) of week would make the class convenient for you to attend? M T W TH F SA SU

What time(s) of day would make the class convenient for you to attend? \_\_\_\_\_

What price would make the classes affordable for you? \_\_\_\_\_

Other Suggestions \_\_\_\_\_

Thank you for taking the time to contribute.